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Published for the employees, medical staff and volunteers of Saint Cloud Hospital.

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Shuttle On Track To Clear Parking Congestion

T*o accommodate overflow parking and create more parking for patients and visitors, Saint Cloud Hospital has leased more than 500 parking stalls from Whitney Park and instituted a shuttle system.*

The two shuttle buses, which operate from 6:30 to 9:30 a.m. and from 3 to 6 p.m. weekdays as of November 5, run every seven to eight minutes. They stop in front of SCH and at the day care center when necessary.

And judging by the number of open parking spots the first day the shuttle was available, the plan will be a success.

"Participation, especially for the first day, was overwhelming," Scott Thoreson administrative director, said. "We had 190 cars at Whitney by 9 a.m."

According to Thoreson and Bill Becker, safety & security manager, and Scott Thoreson, administrative projects

director, the goal is to average 250 cars at Whitney daily.

"We're targeting employees who work a regular eight-hour shift... employees who don't need to come and go throughout the day," Thoreson said.

And they are offering incentives. Each day you ride the shuttle you'll receive a stamp. When you accumulate five stamps you can trade them in for a free movie ticket. Other giveaway items

and special events are also being planned.

"You don't need to worry about parking off-campus. The lot is lighted and patrolled by hospital security," Becker said. The car starting service is available at Whitney too.

According to Thoreson one result of the shuttle service is approximately 100 parking spaces in the North lot reserved exclusively for patient and visitor use. These spots have a three-hour limit. "And they will be monitored to make sure they are not being misused," Becker added. "Violators will be warned and repeat offenders will be towed."

The lease with Whitney will expire in May and at this point there are no definite plans for continued usage. "We are adding two and a half new decks to the existing ramp," Thoreson said. "That should be finished by June 1991 and will be able to accommodate most of the cars that are expected to park at Whitney."



■ On its first day of operation the shuttle bus delivered employees to the front of Saint Cloud Hospital.

HSI Closes; Services Consolidated

Some services of Health Systems Institute (HSI), the health and wellness division of Saint Cloud Hospital, have been consolidated with two hospital departments that offer related services: human resources and nutrition services. HSI, as a separate division, no longer exists.

"This reorganization is an effort to unite some of the current services offered by both the hospital and HSI," said Roger Oberg, vice president of marketing and planning. "For instance, both HSI and the hospital had several dietitians."

HSI was founded as a separate division of Saint Cloud Hospital in December of 1985. Since that time it has offered various health and wellness services to businesses, industry and the community including diabetes education, weight control, sports nutrition, general nutrition, return to work, the back school, work environment evaluation, carpal tunnel assessment, employee assistance, health and hearing screenings, functional capacity assessment, massage therapy, stress management, and Optifast. With the consolidation, some services which are not directly related to patient care will be discontinued.

"We plan to continue working with our clients and will fulfill all contracts," Oberg said. "Our first goal as a hospital is to care for the sick. The programs we have chosen to keep are the programs that minister and lean toward healing. We implemented some of the other programs because we saw a need in the community for them. We were the sole providers at the time. Since then, many other wellness and health related programs have started in the community as competition, and therefore the duplication in services within the community is no longer necessary."

The hospital, the remaining programs, and the hospital's clients will benefit from this reorganization, Oberg said. SCH will continue its commitment to health education and promotion as part of its ongoing care mission.

The Mid Minnesota Clinic Needs You!

The Mid Minnesota Health Clinic opened September 24.

By the end of October the approximate number of patients seen at the clinic was more than 400.

As the number of patients increases, so will the demand for volunteers.

"Right now our most critical need is to develop a roster of nurses, physicians and X-ray technicians who could be available to fill in for our staff when they take days off or vacations. We also need receptionist or clerical help," said Kathleen Milligan, volunteer coordinator. "These people can volunteer for a half-day or whole day—whatever fits their schedule. We're trying to be as flexible as

possible. We are willing to accept students in the X-ray technician position.

"As the clinic expands, there will be a greater need for volunteers in certain specialty areas such as nutrition, psychiatric or chemical dependency counseling," she added. Milligan believes that people will feel good about volunteering at the clinic because they will be helping someone who cannot afford the health care they deserve.

To become a volunteer, interested persons should contact Milligan at 251-6805. All volunteers need to fill out an application, go through an interview and attend an orientation session.

"There has been tremendous interest at the hospital and in the community from people who support our philosophy. That's really been encouraging," she noted.

The Great Pumpkin Strikes Again!



There were plenty of little ghosts, goblins and a few Ninja Turtles to boot at the "Afternoon with the Great Pumpkin" on Oct. 27 in the Riverfront Dining Room. Hospital employees and their children enjoyed an afternoon face painting, decorating cookies, coloring, eating ice cream and playing Halloween cake walk. More than 220 people attended the event.

Oncology Unit Open House



■ As this copy of the Center Scan went to press, work was continuing on remodeling of 5 South, the new oncology unit.

Staff and public are invited to attend an open house for the new 5 South oncology unit which is unique in Minnesota.

Three open houses will take place on November 27. Medical staff, executive council, the Board of Directors and Corporate Board are invited to visit between 7 and 10 a.m.; hospital employees and volunteers are invited to visit the unit between 1:30 and 4:30 p.m.; and the public open house is from 6:30-8:30 p.m. Refreshments will be served.

Program's Growth Spurs Need For Support Groups

Over the past several years the chronic kidney dialysis unit has more than doubled in size. A second nephrologist joined the staff in May. And the number of patients has risen to more than 60. At least half of them come from outlying areas.

This growth has created the demand for a more formalized support system. Liz Doyle, social worker, started a dialysis support group in May 1989. But according to Doyle, the group has really taken off recently.

The group meets monthly to discuss topics like stress management, exercise, and nutrition as well as the emotional impact dialysis makes on patients' lives.

"The purpose of the group is educational," Doyle explained. "But an important element is the support system that allows people to share their experiences."

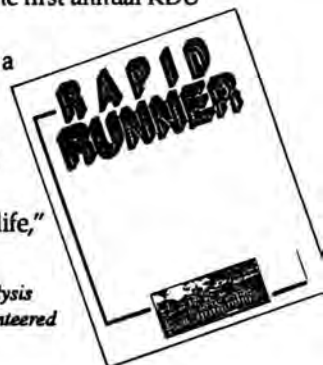
The social activities committee is the most recent expansion of the support group. The group, which includes SCH staff, patients and family members, formed in February and meets quarterly to organize social events. "The group works hard to find events that all dialysis patients can participate in," Doyle said.

And they are successful. More than 250 patients, staff, physicians and family members attended the first annual KDU picnic, their first event, this summer.

The committee is meeting now to plan a winter activity. And, based on last year's success, they are planning another spring rummage sale to help raise money for next year's activities.

"Our goal is to help patients celebrate life," Doyle said.

The Rapid Runner is published monthly for dialysis patients. Dialysis patient Carl Savage has volunteered to help with front cover designs.



William J. Held Memorial Fund Purchases Radiology Slide Collection

The slides are of different pathologies, most of which are seen frequently, but some rarely, at Saint Cloud Hospital.

"Somebody working here might see some of these kinds of pathologies only once or twice a year, or even less frequently, but having these slides will make it possible for our students to see them. It's an excellent collection," said John Falconer, program director of the School of Radiologic Technology. Special features of the order include skeletal fractures, respiratory disorders, and pathologies of congenital origin.

A collection of 200 slides to be used by radiology students and professionals, and other personnel has been purchased for the hospital by the William J. Held Memorial Fund.

Dr. William Held was a radiologist at Saint Cloud Hospital from 1967 until his untimely death in July of 1988. Following his death, Dr. Philip VanderStoep, radiologist, and Dr. Robert Cumming, Director of Medical Affairs, met with Dr. Held's family and provisions were made to establish an ongoing memorial to Dr. Held from the funds donated for that purpose. Because of Dr. Held's interest in education, it was decided that the memorial should provide for educational activities in the field of radiology. Purchases will be made from accumulated interest on memorial funds, and the slide collection is the first such purchase.



New Management

Eileen Anderson has been hired as environmental services manager. She spent five years in environmental services management with HealthEast in St. Paul, Minnesota, and comes to us from St. John's Hospital where she was director of Housekeeping/Linen Services. Her degree major is in textiles and institutional environmental service, with a minor in business administration.



Janice Springer is promoted to manager of the emergency trauma center. Springer has worked at SCH as an ETC nurse, clinical educator on the medical oncology unit, and ETC assistant manager.



Arne Tilleson is promoted to assistant manager/clinical coordinator of the pharmacy department. He is a fourteen year veteran of SCH and most recently was the decentralized pharmacist on 4NW.

PROMOTIONS

Diane Deters, registered nurse, ETC, to educator.

Donna Novak, health data entry clerk, med. records, to outpatient med. data specialist.

Christine Patterson, chemical dep. specialist, Recovery Plus, to chemical dep. family counselor.

ACHIEVEMENTS

Ron Spanier, controller, successfully completed the requirements to become a Fellow in the Healthcare Financial Management Association. Spanier had to pass an eight-hour examination requiring mastery in financial management, accounting, management, information systems, and the healthcare industry.

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Center Scan is published monthly by the public relations and development department. Any comments or questions should be addressed to the editor.

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SAINT CLOUD HOSPITAL BENEFIT HOLLY BALL & TREE FESTIVAL

This year's
Holly Ball and Tree Festival
will take place at the
Holiday Inn
on
December 1 and 2
respectively.

Funds from
this weekend of events will be
used to support
Saint Cloud Hospital's
hospice program,
as Holly Ball funds have
since 1986.

As well as the
Holly Ball
dinner and dance
on
Saturday, December 1,
there will be a
silent auction
of more than 50 items,
including uniquely designed
Christmas trees
in various sizes,
decorated wreaths, and
gingerbread houses.
These items will all be at the
Sunday Tree Festival
from 11 a.m. until 5 p.m.,
along with entertainment
from local schools, churches
and the community.

Basic ticket price for the
Holly Ball is \$35
(\$20 tax deductible).
Tickets are available from
the hospital Gift Shop,
Herberger's, Byerly's, and
First American National Bank.
Admission to the
Tree Festival will cost
\$1 at the door.